

Course Overview Physical Education

Content Area: **Physical Education**
Course(s): **ADAPTIVE PHYSICAL EDUCATION 9 5 DAY, Physical Education**
Time Period:
Length: **10 weeks**
Status: **Published**

Cover

EAST BRUNSWICK PUBLIC SCHOOLS

East Brunswick New Jersey

Superintendent of Schools

Dr. Victor P. Valeski

Physical Education

Grades 10-12

Course Number: 1735, 1736, 1737, 1738, 1586, 1730

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Course Adoption: **04/21/1986**

Curriculum Adoption: 11/2/2017

Course Overview

Physical Education

Physical Education courses provide students with knowledge, experience, and an opportunity to develop skills in more than one of the following sports or activities: team sports, individual/dual sports, recreational sports, and fitness/conditioning activities.

COURSE DESCRIPTION The physical education in grade 12 places an emphasis on movement skill performance, individual and team execution in games/sports/activities, self-initiated behaviors, concept of physical activity/sports/games, and taking personal responsibility to develop and maintain physical activity. Students are tested for their physical fitness and they are introduced to personal forms of conditioning and body development to practice and enjoy both in school activities and at home. During this course students are expected to demonstrate mastery/proficiency of all NJSLC CPI's including. 2.5.12.A.1, 2.5.12.A.2, 2.5.12.A.4, 2.5.12.B.1 through 2.5.12.B.3, 2.5.12.C.1, 2.5.12.C.2.6.12.A.1, 2.6.12.A.2, 2.6.12.A.5. The course also reinforces the learning of other Standards and CPI's already mastered and contributes to the development of mastery of other standards in the areas of Language Arts Literacy, Mathematics, Science and Technology Literacy.

Textbooks and Other Resources

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COURSE RESOURCES

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Various Equipment as it relates to various activities

Fitnessgram

Standards

HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.

HPE.2.2.12.A.2	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
HPE.2.2.12.C.1	Analyze the impact of competition on personal character development.
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.A.3	Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).
HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.
HPE.2.5.12.C.CS2	Cultural practices regarding physical activity, sports, and games reflect a microcosm of society.
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.2.6.12.A.2	Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)
HPE.2.6.12.A.3	Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.
HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.
PFL.9.1.12.A.3	Analyze the relationship between various careers and personal earning goals.
SCI.9-12.5.2.12.C	Knowing the characteristics of familiar forms of energy, including potential and kinetic energy, is useful in coming to the understanding that, for the most part, the natural world can be explained and is predictable.
SCI.9-12.5.2.12.E	It takes energy to change the motion of objects. The energy change is understood in terms of forces.
VPA.1.2.12	All students will understand the role, development, and influence of the arts throughout history and across cultures.

Scope and Sequence

COURSE SCOPE AND SEQUENCE

Sequential Unit Description:	Associated CPI 's to be	Marking	Other Pacing	Proficiency
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	Achieved	Period Guide	Guide References	(Summary) Assessments
Unit 1: Volleyball Students will learn the basic concepts of the game of volleyball, including history, offensive and defensive strategies and current events in the sport. Skills taught will be forearm pass, overhand pass, spiking, serving, rotation, blocking, and diving. The basic rules of play, sportsmanship, self control, and respect for teammates and opponents will be taught through out the skill development.	2.2.12.C.1 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3. (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M) 5.2.C.(R) 5.2.E.(R)		20 periods	Students will be able to demonstrate the proper techniques, skills and strategies while participating in a games and tournaments.
Unit 2: Frisbee Students will learn the basic concepts of Frisbee, including history and current trends in the sport, offensive and defensive strategies, and general rules of both the game and safety. Skills taught will include basic throws: two finger flick, thumb flick, over head throw, and catches: pancake catch, one hand catch, and two hand catch.	2.2.12.C.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3. (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)		20 Periods	Students will be able to demonstrate concepts and skills taught by participating in games.
Unit 3: Ping Pong Students will learn the basic concepts of Ping Pong, including history and current trends in the sport, and offensive and defensive strategies. Lead up games, and general rules of both the game and safety will be taught during skill development. Skills taught will include forearm, back	2.2.12.C.1 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, skills and strategies while participating in

hand, serve, top spin, backspin, and side spin.	2.5.12.B.2 (M) 2.5.12.B.3. (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)			a games and tournaments.
Unit 4: Badminton Students will learn the basic concepts of Badminton, including history, current trends and offensive and defensive strategies. Skills taught in this unit are underhand/overhead clear, drop shot, smash, and serve. Through the skills development the students will learn the rules and format for singles and doubles tournament play.	2.2.12.A.2 (M) 2.2.12.C.1 (M) 2.4.12.A.3 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.5.12.C.3 (M) 2.6.12.A.1 (M) 2.6.12.A.2 (M)		20 Periods	Students will be able to demonstrate the proper techniques, skills and strategies while participating in a games and tournaments.
Unit 5: Football Students will learn the proper techniques for throwing and catching a ball, moving w/o the ball, blocking, kicking, and rules. The students will also learn offensive and defensive strategies, good Sportsmanship and respect through the drills and games.	2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, strategies and skills while participating in the games.

	2.5.12.C.2 (M) 2.6.12.A.1 (M) 2.6.12.A.2 (M) 2.6.12.A.5 (M)			
Unit: 6 Team Handball Students will learn the basic concepts of team handball, including history and current trends in the sport. Through out the skill development, the students will learn offensive and defensive strategies, general rules of both the game and safety, sportsmanship, self control, and respect. The skills taught in Team Handball are throwing, catching, moving w/o the ball and communication.	2.2.12.C.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, strategies and skills while participating in the games.
Unit: 7 Softball Students will learn the concepts of the game of softball, including rules, history, and current trends in the sport. Through out the skill development, the students will also learn the offensive and defensive strategy, safety and good sportsmanship when engaging in softball drills and games. Skills taught will include throwing, catching, fielding, and hitting. Students will participate in a variety drills, learn the dynamics of regulation game play, and engage in regulation games.	2.2.12.C.1 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, strategies and skills while participating in the games.
Unit: 8 Basketball Students will learn the concepts of the game of basketball, including rules, history and current events in the sport.	2.2.12.C.1 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M)		20 Periods	Students will be able to demonstrate the proper techniques,

Through out the skill development, the students will also learn offensive and defensive strategy, and general rules, both of the game and of safety. Skills taught include dribbling, shooting, passing, movement w/o ball and defensive stance. Knowledge of basic violations of the game, sportsmanship, self control, and respect will also be incorporated.	2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)			strategies and skills while participating in the games.
Unit: 9 Golf Students will learn the concepts of the game of golf, including history, rules, skills and safety. Skills taught will include the grip, stance, swing, and ball placement. Students will also learn and practice the etiquette of the game and good sportsmanship when participating in drills, practice and game play.	2.2.12.C.1 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, strategies and skills while participating in the matches.
Unit: 10 Tennis Students will learn the concepts of the game of tennis, including history, rules, skills, facility and safety. Skills taught include forehand, backhand, serve, volley, smash and drop shot. Students will also learn the etiquette of the game and good sportsmanship when participating in drills, practice and game play.	2.2.12.A.2 (M) 2.2.12.C.1 (M) 2.4.12.A.3 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, strategies and skills while participating in the games.

	2.5.12.C.2 (M) 2.5.12.C.3 (M) 2.6.12.A.1 (M) 2.6.12.A.2 (M)			
Unit: 11 Aerobics Students will learn the concepts of cardiovascular development through aerobic movement in several different formats. The student will develop an understanding for heart rate, BMI, body types, and the cardiovascular system during the skill development. The skills taught will include step movements, stretching, yoga movements, abdominal movements, and the use of fitness balls/medicine balls.	2.1.12.A.1(M) 2.1.12.B.1(M) 2.5.12.A.1(M) 2.5.12.A.2(M) 2.5.12.A.3(M) 2.5.12.A.4(M) 2.5.12.B.3(M) 2.5.12.C.3(M) 2.6.12.A.1(M) 2.6.12.A.2(M) 2.6.12.A.3(M) 2.6.12.A.4(M)		20 Periods	Students will be able to demonstrate the proper techniques, concepts and skills taught by participating in movement exercises.
Unit: 12 Weight Training Students will learn the basic concepts of muscle development, biomechanical movement, fitness plan development and safety. The development of these topics will focus around proper technique and safety in the movements. The skills learned in this unit include spotting, biomechanical movement, etiquette and muscle development specific to each muscle group.	2.1.12.A.1(M) 2.1.12.B.1(M) 2.5.12.A.1(M) 2.5.12.A.2(M) 2.5.12.A.3(M) 2.5.12.A.4(M) 2.5.12.B.3(M) 2.5.12.C.3(M) 2.6.12.A.1(M) 2.6.12.A.2(M)		20 Periods	Students will be able to demonstrate proper techniques, concepts and skills taught by participating in movement exercises.

	2.6.12.A.3(M) 2.6.12.A.4(M) 5.2.C.(R) 5.2.E.(R)			
Unit: 13 Folk Dance Students will learn the steps to various line, folk and square dances These steps will be put together in a sequence to be performed to different music. The skills learned will be heel-toe, grapevine, cha-cha, slide, slap leather, star and many more. A primary focus during the skill development is social dance and interaction.	1.2.12 A.1.(M) 2.1.12.A.1(M) 2.5.12.A.1(M) 2.5.12.A.2(M) 2.5.12.A.3(M) 2.6.12.A.1(M)		20 Periods	Students will be able to demonstrate concepts and skills taught by participating in dances
Unit: 14 Project Adventure Students will learn the basic concepts of team building, cooperation and trust. Skills taught include cooperation, leadership, sportsmanship, team building and trust. Through out this activity the students will be asked to perform tasks as groups, to encourage the growth of leaders and team work.	2.1.12.A.1(M) 2.5.12.A.2(M) 2.5.12.A.3(M) 2.5.12.B.1(M) 2.5.12.B.2(M) 2.5.12.B.3(M) 2.5.12.C.1(M) 2.5.12.C.2(M) 2.6.12.A.1(M)		20 Periods	Students will be able to demonstrate concepts and skills taught by participating in activities
Unit: 15 Physical Fitness and Assessment Plan At the beginning of the school year, regardless of Unit involvement, the physical fitness of each student will be assessed. Students will be involved in physical fitness development, throughout the year, across all Units, in activities related to the increase in personal fitness development.	2.1.12.A.1(M) 2.3.12.A.1(M) 2.5.12.A.2(M) 2.5.12.A.4(M) 2.5.12.B.2(M) 2.5.12.B.3(M) 2.5.12.C.1(M)		Year	Students will be able to demonstrate proper techniques, concepts and exercises in physical fitness.

	2.6.12.A.1(M) 2.6.12.A.2(M) 2.6.12.A.3(M) 2.6.12.A.4(M) 2.6.12.A.5(M)			
Unit: 16 Soccer Students will learn the basic concepts of soccer through drills and game development. Skills taught in the unit include dribbling, kicking, heading, passing, throw-in, trapping, and goalie skills. Students will also learn and practice safe behaviors and good sportsmanship when engaging in soccer drills and games.	2.2.12.C.1 (M) 2.5.12.A.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.1 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.5.12.C.1 (M) 2.5.12.C.2 (M) 2.6.12.A.1 (M)		20 Periods	Students will be able to demonstrate the proper techniques, strategies and skills while participating in the games.
Unit 17: Yoga Students will learn the basic concepts of yoga through different postures, breathing techniques and relaxation methods. The development of these poses will focus around proper technique and safety in the movements. The skills learned will demonstrate both the immediate and long term benefits of yoga.	2.1.12.A.1 (M) 2.1.12.B.1 (M) 2.5.12.A.2 (M) 2.5.12.A.4 (M) 2.5.12.B.2 (M) 2.5.12.B.3 (M) 2.6.12.A.1 (M) 2.6.12.A.2 (M) 2.6.12.A.3 (M) 2.6.12.A.4 (M)		20 Periods	Students will learn the basic concepts of yoga through different postures, breathing techniques and relaxation methods.

SCOPE AND SEQUENCE AND BENCHMARK CHART

		Level 10	Level 11	Level 12	P#
	Physical Education Grade 10-12 Cover Page				
Part I					
	Primary and Secondary NJSLS? Focus Areas				
	Course Description				
1.	Course Benchmarks				
2.	Physical Education Scope and Sequence Chart Grades 10-12				
3.	Physical Education Grade 10-12 Course Units				
4.	Grading and Course Evaluation Criteria				
	NJSLS (2009) ? Health and Physical Education				
Part II					
5.	Physical Fitness, Assessment, Personal Planning	D	D	D	
6.	Aerobics (Rhythmic)	B, C	C, D	C, D	
7.	Badminton	B,C	D	D	
8.	Basketball	D	D	D	
9.	Dance (Social)	B,C	CD	D	
10.	Football, Touch	D	D	D	
11.	Frisbee	C,D	D	D	
12.	Golf	B,C	C	C	
13.	Ping Pong	A, B	C	D	
14.	Project Adventure	Level A	C	D	
15	Recreational and lifetime activities	B	C	C	
16	Softball	Level B	BC	C	
17	Tennis	Levels A, B	C	C	
18	Volleyball	Level D	D	D	
19	Yoga	A	A,B	A,B,C	

KEY

“A” Introductory – Basic Skills

“B” Review & higher level of proficiency/skill

"C" Very high competence/ mastery

"D" Individual work, highest advanced

Grade 1-12 Scope and Sequence and Benchmark Chart

ACTIVITY	1	2	3	4	5	6	7	8	9	10	11
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Rhythmic Aerobics						A	A,B	A,B	A,B	B,C	C,D	C
Badminton						A	A	A,B	A,B	B,C	C,D	C
Fitness and Skills	A	B	C	D								
Basketball				A	A,B	B,C	B,C	C,D	C,D	D	D	D
Social Dance								A	A,B	B,C	C,D	D
Weight Training						A	A	B,C	B,C	C,D	C,D	D
Football, Touch					A	A,B	B,C	C,D	C,D	D	D	D
Frisbee						A	A,B	B,C	C,D	C,D	D	D
Golf								A	A,B	B,C	B,C	C
Gymnastics (Hold)			A,B	A,B	A,B							
Lacrosse							A	A,B	C,D			
Paddleball										A	A,B	C
Ping Pong										A,B	B,C	C
Physical Fitness Assessment and Plan				C,D	D	C,D	D	C,D	D	C,D	D	D
Project Adventure										A	B,C	D
Recreational Cooperative Activities	A,B	A,B	B,C	C,D	D							
Rhythmic Activities	A	B	B,C	C,D	D							
Soccer				A	A,B	B,C	B,C	C,D	C,D	D	D	D
Softball				A	A,B	B,C	B,C	C,D	C,D	D	D	D
Team Handball										D	D	D
Tennis										A,B	B,C	C
Track						A	A,B	B,C	C,D			
Tumbling			A	A,B	B,C	C,D	D					
Volleyball				A	A,B	B,C	B,C	C,D	C,D	D	D	D
Yoga										A	A,B	A

Grading and Evaluation Guidelines

GRADING PROCEDURES

In terms of proficiency level the East Brunswick grades equate to:

A+	98-100
A	92-97
A-	90-91
B+	86-89
B	82-85
B-	80-81
C+	76-79
C	72-75
C-	70-71
D+	66-69
D	62-65
D-	60-61
F	0-59

EVALUATIVE CRITERIA OF INDIVIDUAL TEACHING UNITS

1. Units should be evaluated using three general areas: ACQUISITION APPLICATION EVALUATION

1. ACQUISITION includes the learning of skills, drills and comprehension.
2. APPLICATION is the students' utilization of those items in the acquisition portion.
3. EVALUATION is the grading of the degree of successful accomplishment of the acquisition and application.

80% Each Unit

20% Fitness

1. Students should be evaluated on a daily basis.
2. Roll book notations could include a legend that designates grading system as well as numerical designations, etc.

Other Details

CONTENT FOCUS AREA AND COURSE NAME

Grade 10-12 Physical Education

Course #	School #'s	Course Level	Grade(s)	Credits	Min. Per Week	Elective/Required	Initial Course Adopted
1722	50	A	10	2.50	210	R	04/21/1986
1723	50	A	11	3.75	210	R	04/21/1986
1724	50	A	12	1.25	210	R	04/21/1986

PRIMARY CONTENT AREA AND SECONDARY AREAS OF FOCUS (P= Primary and S= Secondary)

NJSLS		NJSLS		NJSLS	
1. Visual and Performing Arts	S	5. Science	S	9. Career Education and Consumer/ Family/ Life Skills	S
2. Health and Physical Education	P	6. Social Studies			
3. Language Arts Literacy		7. World Languages			
4. Mathematics		8. Technology Literacy			